

ACTIVITY CONVERTED TO STEPS

Adults

ACTIVITY	STEP PER MINUTE: (F)(M)	ACTIVITY	STEP PER MINUTE: (F)(M)
Aerobic dancing (low impact)	142 127	Jumping Rope (slow)	212 199
Aerobics (high impact)	189 181	Jumping Rope (moderate)	260 254
Aerobics step 6-8 inch step	236 218	Jumping Rope (fast)	330 290
Aerobics step 10-12 inch step	260 254	Kickboxing (moderate)	330 290
Backpacking on hill with under 10 lb load	189 181	Kickboxing (vigorous)	401 363
Backpacking on hill with 10 lb - 20 lb load	212 199	Kickboxing (very vigorous)	472 435
Ballet Dancing	118 127	Mowing	142 127
Baseball	142 127	Pilates	94 91
Basketball (leisurely, non-game)	165 127	Racquetball (casual)	189 181
Basketball (game)	212 145	Racquetball (competitive)	260 254
Basketball (playing in wheelchair)	165 163	Rowing	189 181
Bicycling	212 199	Running 08 mph (7.5 min/mile)	354 326
Bicycling (BMX or mountain)	236 218	Running 10 mph (6 min/mile)	425 399
Bicycling - Stationary -general	189 181	Scrubbing floors	94 91
Bicycling - Stationary -light	142 145	Shoveling Snow	165 145
Bicycling - Stationary -moderate	189 181	Skiing Cross-country	212 181
Bicycling - Stationary -vigorous	283 254	Skiing Downhill (moderate to steep)	165 145
Bowling	71 73	Snowshoeing	212 199
Canoeing	94 91	Soccer (casual)	189 181
Chopping Wood	165 145	Soccer (competitive)	260 254
Circuit Training (general)	212 199	Stair climber machine	236 218
Dancing ballroom (slow)	71 73	Stair climbing - down stairs	71 73
Dancing ballroom (fast)	118 109	Stair climbing - up stairs	212 199
Dancing Country	118 109	Swimming backstroke	189 181
Dancing Disco	118 109	Swimming breaststroke	260 254
Dancing Line	118 109	Swimming butterfly	283 272
Dancing Square	118 109	Swimming freestyle	189 181
Dancing Swing	118 109	Swimming pleasure	165 145
Elliptical Jogger (medium)	236 218	Swimming sidestroke	212 199
Football Tackle	236 218	Tennis (doubles)	165 145
Football Touch/Flag	212 199	Tennis (singles)	212 199
Gardening, (heavy)	142 145	Vacuuming	94 73
Gardening, (moderate)	118 109	Volleyball	118 91
Golf (general)	118 109	Walking	94 91
Golfing (riding in cart)	94 91	Washing the car	71 73
Horseshoes	71 73	Waterskiing	165 145
Ice Skating (leisurely)	189 181	Waxing the car	118 109
In-line skating	200 190	Weight lifting	71 73
Jogging (general)	189 181	Wrestling	165 145
Jogging (in water)	212 199	Yoga	71 54
Judo and Karate	260 254		

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America On the Move, with support from **LEAN CUISINE**, presents the Healthcare Professional Toolkit, designed to show patients how small steps can lead to big changes that improve health and quality of life.

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